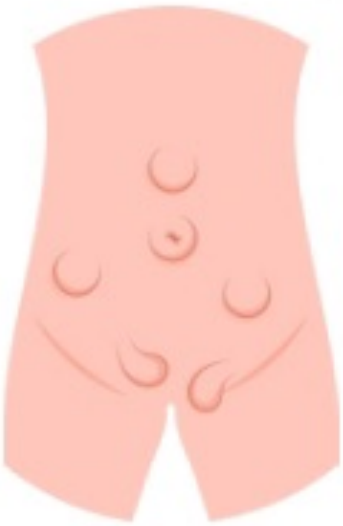
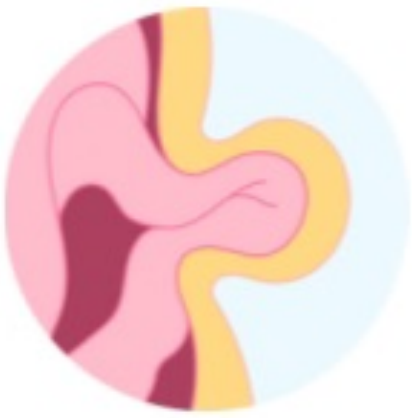
ABDOMINAL WALL HERNIAS

DR.ALI JAD

DONE BY :

لجنة الطب و الجراحة



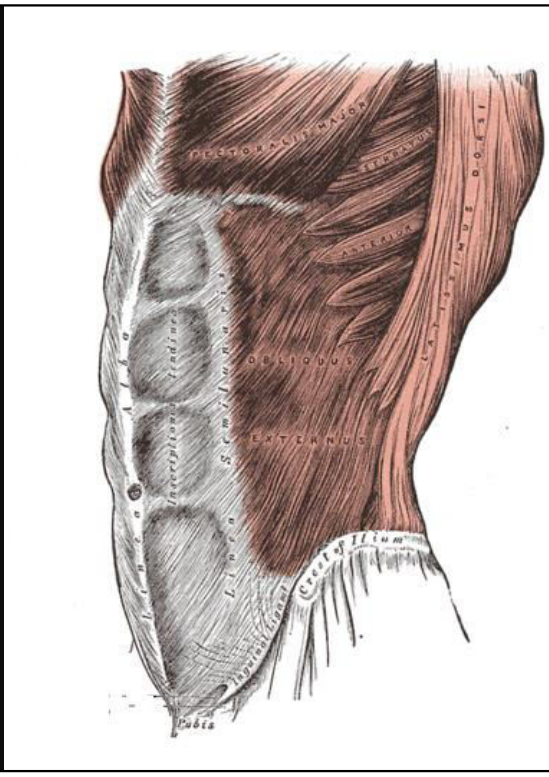


Abdominal Wall Hernias

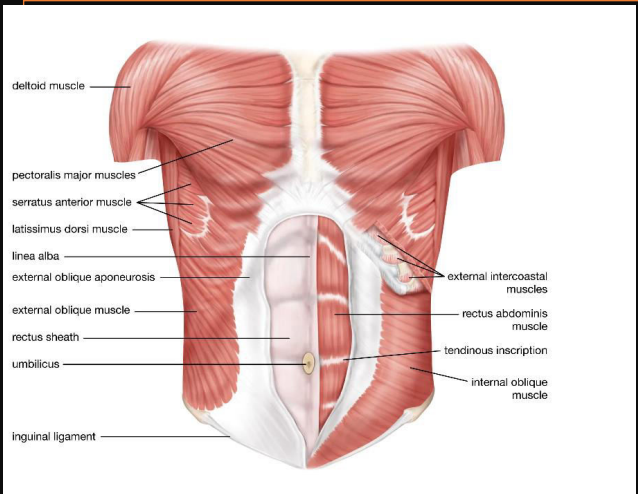
Dr. Ali Jad Abdelwahab

Functions of the Abdominal Wall

1. **Protects** the abdominal viscera from injury.
2. **Supports** and moves the trunk.
3. **Compresses** the abdominal viscera to maintain or increase intra-abdominal pressure (expiration, coughing, urination, defecation, childbirth)



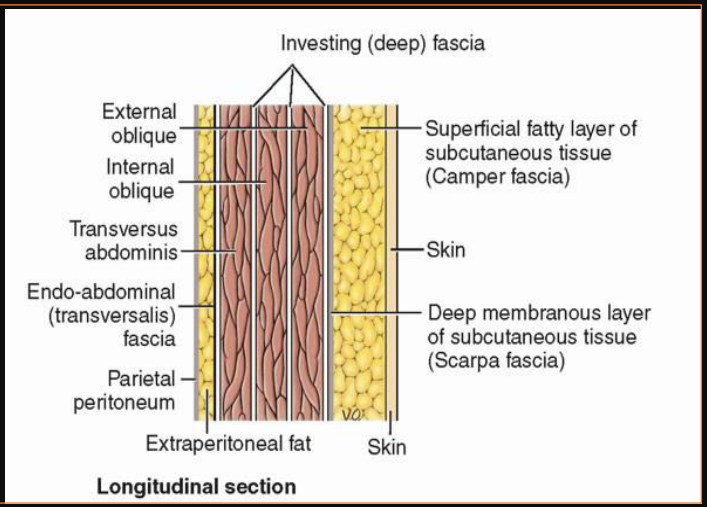
Anatomy of the abdominal wall



* من الأسئلة المتكررة

What are the structures from inside to the outside? (or from outside to inside)

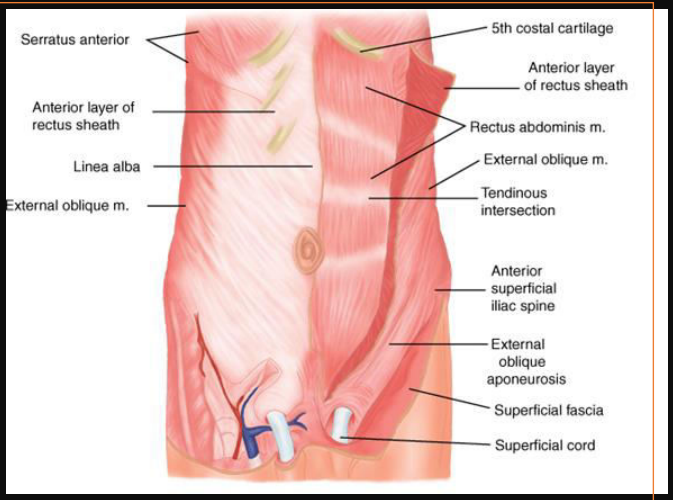
- 1. **Skin** (Camper's fascia / Scarpa's fascia)
- 2. **Subcutaneous tissue**
- 3. **External oblique muscle**
- 4. **Internal oblique muscle**
- 5. **Transversus abdominus muscle**
- 6. **Transversalis Fascia**
- 7. **Peritoneum**



Longitudinal section

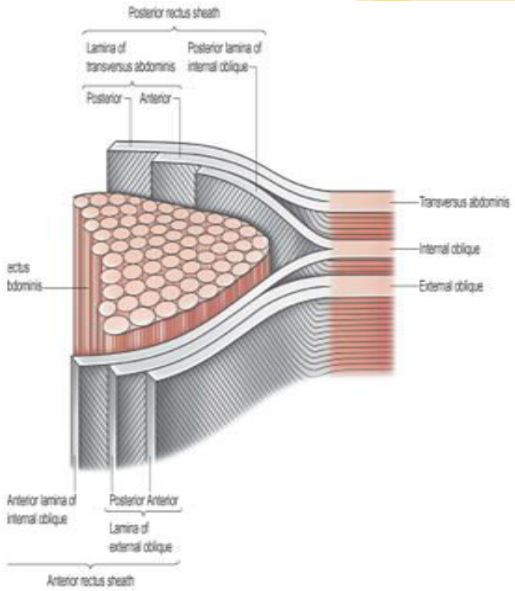
External Oblique Muscle

The most superficial muscle.



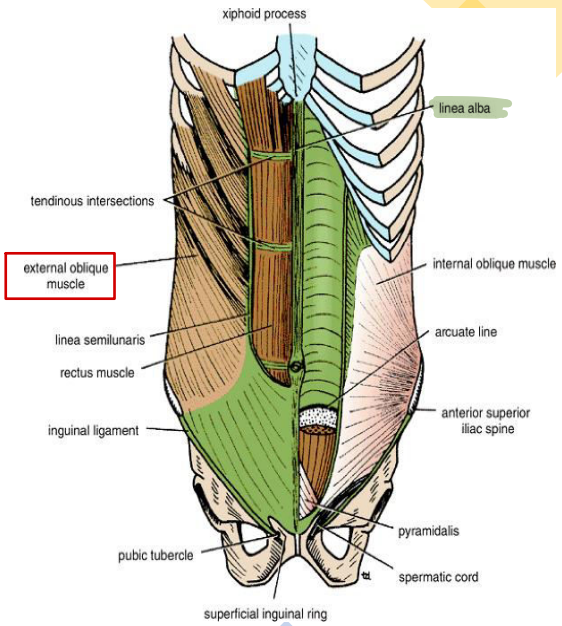
- origin ⇒ lower 6 ribs
- insertion ⇒ ASIS (anterior superior iliac spine) and forms the inguinal ligament by rolling under ← هذه أهميتها

- In the upper abdomen, its aponeurosis fuses with half of the aponeurosis (ant.) of the internal oblique muscle at the lateral margin of the rectus abdominus to form the anterior rectus sheath



- Lower in the abdomen, this fusion occurs near the midline.

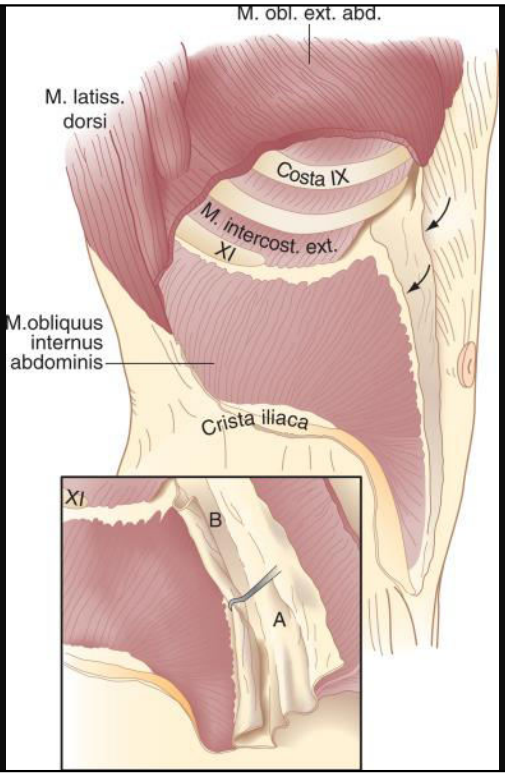
to form the linea alba



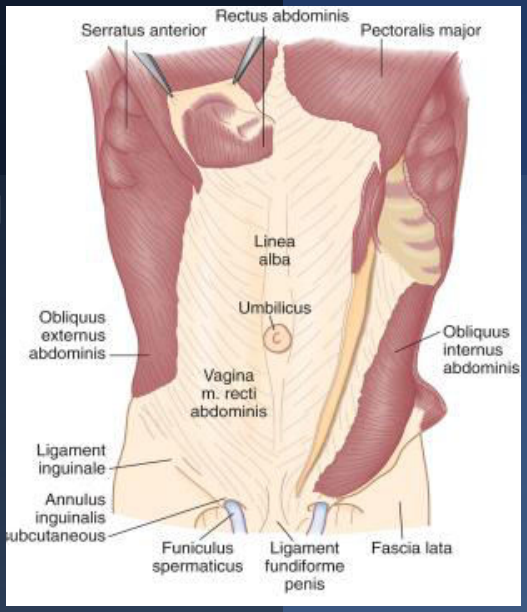
abdomen
- Central Portion
- Lateral portion → muscles are fleshy here

Internal Oblique Muscle

- **Forms a broad aponeurosis that fuses in the midline and contributes to the anterior rectus sheath throughout the abdomen and the posterior rectus sheath in the upper abdomen.**

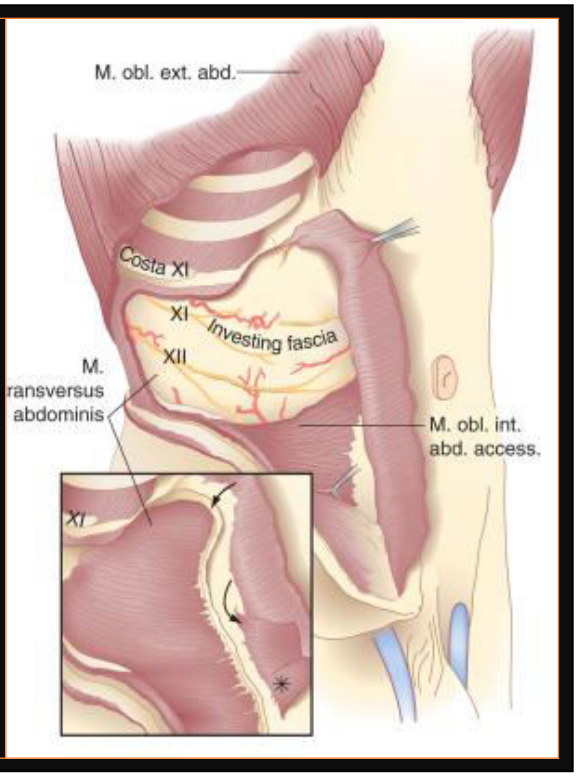


- **It remains muscular in the groin, where it has no attachment, and its fibers continue onto the spermatic cord as the cremasteric muscle.**



Transversus Abdominus Muscle

Fuses <u>medially</u> to form the rectus sheath and linea alba

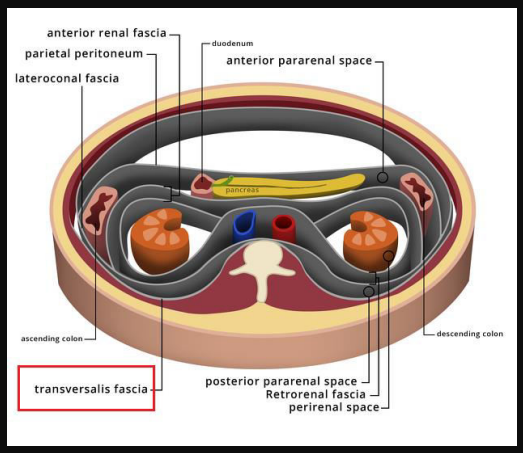


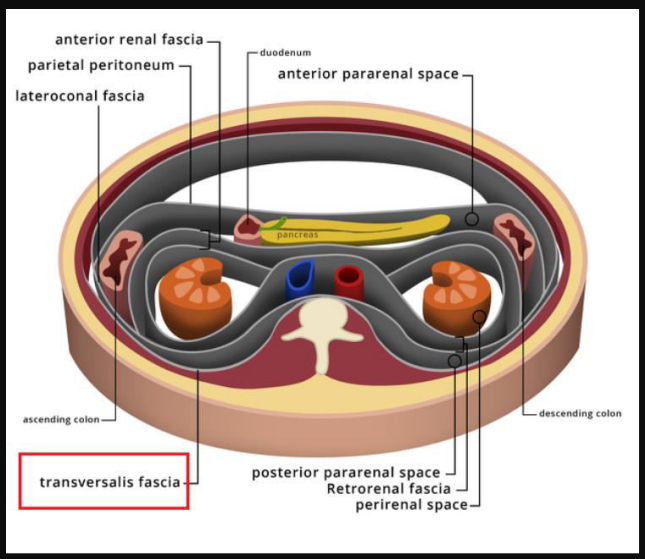
أهم طبقة

* true fascia
* Smart fascia → بتكون موجودة لمكان انك ما بتوقعه * بتروحي بالوقت اللي انتي جاية له تستقبلي عشان اللي جيبها ما تضيع

Transversalis Fascia

- It is through this layer that all groin hernia pathology develops
- It forms a complete continuous envelope of fascia around the interior of the abdominal wall

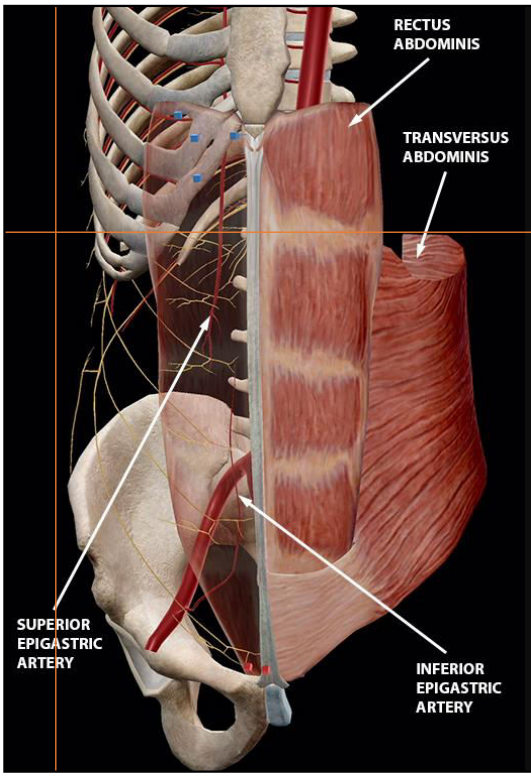




- It is a true fascial layer, so it has little intrinsic strength
- Through its fusion to aponeurotic layers, it establishes continuity among such seemingly unrelated areas.

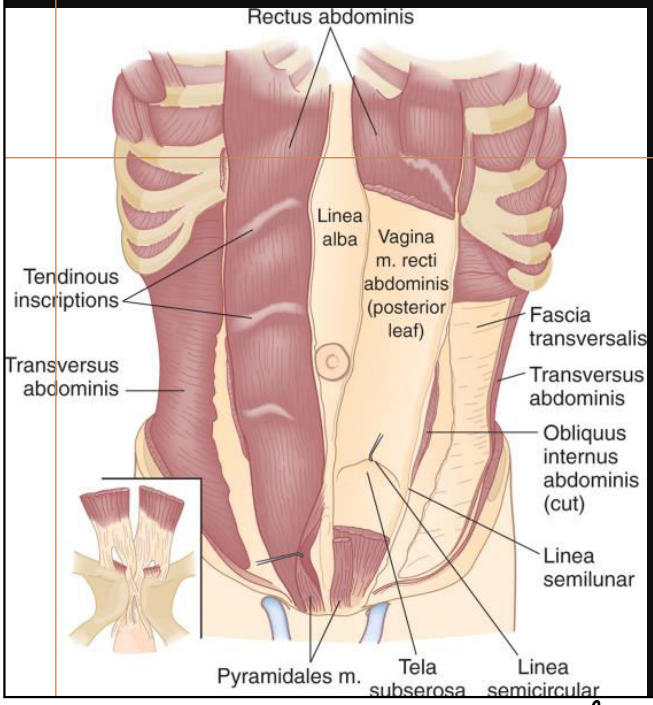
* هل مثلاً لو دلك تشد على الناحية اليمين حتى ترفع بشكلة، بتوقع يصير rupture in spleen or hematoma of abdominal wall in the left side ؟

this is due to unrelated structures faraway & enveloped by transversalis fascia



Midline structures

1. **Rectus abdominus muscle**
2. **Umbilicus**
3. **Umbilical cord remnants**

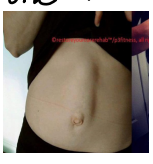


Rectus Abdominus Muscle

- **Consists of narrow, thick bands of muscle that parallel the midline from the costal cartilages to the pubic symphysis.**
- **Above the umbilicus, they are separated in the midline the linea alba.**

* Weakness without perforation ⇒ diversecation of the recti.

* with perforation ⇒ Epigastric Hernia.

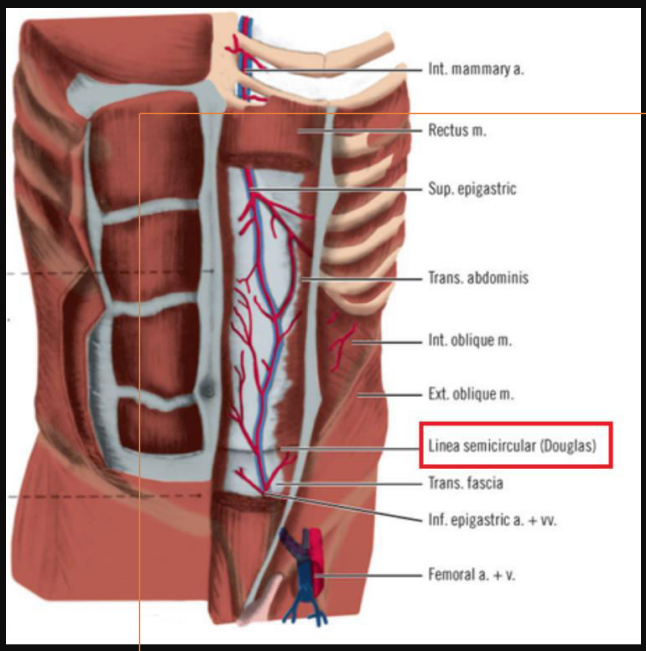


- **Midway between the umbilicus and the symphysis pubis is the semicircular line of Douglas**

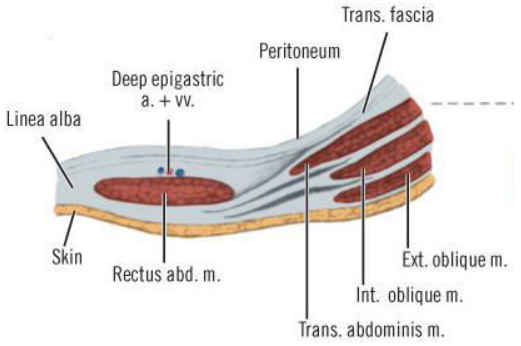
No fascia , No sheat

hernia يخرج من هذا الضعف الـ inferior epigastric vessel

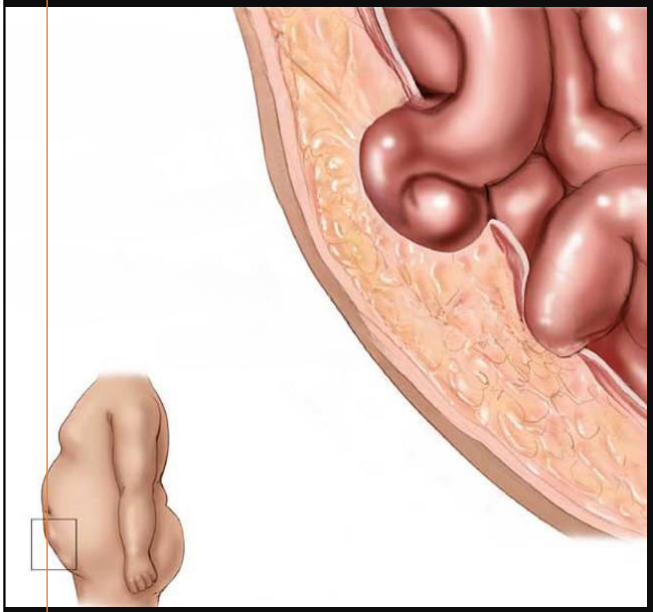
↳ Spigelian Hernia



- **Below the semicircular line, all three aponeuroses cross anterior to the rectus muscle, leaving only the peritoneum and the transversalis fascia between the rectus muscle and abdominal contents.**



- **No fusion of these aponeuroses occurs along the inguinal canal; therefore, the conjoined tendon normally (95% of cases) does not exist.**



Definition

- Hernia (L)= rupture
- A hernia is a **protrusion** of a viscus or part of a viscus through an abnormal **opening** in the **walls** of its containing cavity.

Types of Abdominal Wall Hernias

Groin	Ventral	Pelvic	Posterior
• 1.Inguinal • Indirect • Direct • Combined • 2.Femoral	• 1.Umbilical • 2. Epigastric • 3.Spigelian • 4.Incisional*	• 1.Obturator • 2.Sciatic • 3.Perineal	• 1.Lumbar • A. Superior triangle • B. Inferior triangle

Frequency

Abdominal wall hernias are common, affecting 1.7% of people of all ages and 4% of those over 45.

- **Inguinal: 75- 80%**
- Incisional : 8-10%
- Umbilical: 3-8%

Etiology

A. Congenital defects: as in the indirect inguinal hernia.

B. Loss of tissue **strength** and **elasticity**:

1. aging

2. Debilitating illness such as chronic renal failure

3. repetitive stress as in hiatal hernia.

4. matrix metalloproteinase (MMP) abnormalities
   - Ehlers-Danlos syndrome.
   - Marfan syndrome

5. Collagen vascular disease (a diminished collagen type I/III ratio).

C. **Trauma**:

1. Operative trauma

2. Accidental trauma

3. Wound infection * the most common cause.

D. Increased intra-abdominal pressure (Controversial):

1. Heavy lifting
2. Coughing, asthma, and COPD
3. Bladder outlet obstruction (BPH)
4. Prior pregnancy
5. Ascites and abdominal distention → umbilical hernia.
6. Obesity
7. Peritoneal dialysis Stealth لانك بتعمل تخريباً

E. Metabolic factors: Defective collagen ultrastructure: more scientific

- Increased age
- Diabetes
- Smoking
- Lower body-mass index
- Hiatus hernia
- Sleep apnea

Hernia Composition

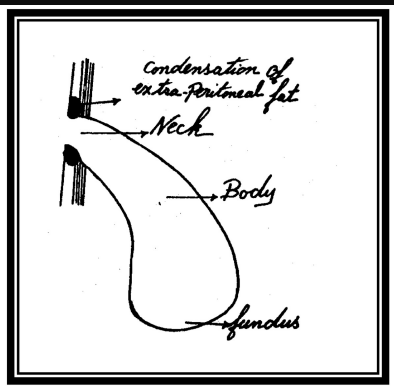
1. The **sac**. ~ peritoneum
2. The **coverings** of the sac. ~ كل شي فوق ال peritoneum
   - muscle
   - aponeurosis
   - sc fat
3. The **contents** of the sac.

The Sac

هو بيشبه ↓
Gall Bladder

- The sac is a **diverticulum** of peritoneum
- Parts of the sac:

1) Mouth
2) Neck
3) Body
4) Fundus



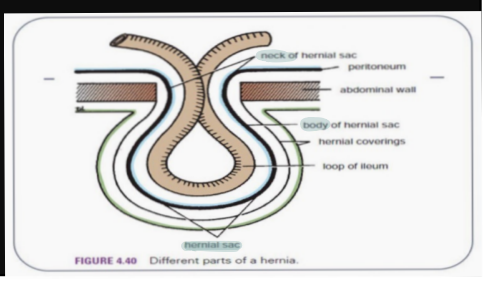


FIGURE 4.40 Different parts of a hernia.

Neck

- Usually well defined
- In some direct inguinal hernias and in many incisional hernias there is no actual neck
- **Strangulation** of bowel is a likely complication when the neck is **narrow**, as in femoral and paraumbilical hernias

لأنها منطقة واسعة جدًا

Body

- Varies in size
- Not necessarily occupied

The coverings

- Derived from the **layers of the abdominal wall** through which the sac passes
- In longstanding cases they become atrophied from stretching and so amalgamated that they are indistinguishable from each other

تدوج

The Contents

* يوم الامتحان

- Urinary bladder : cystocele
- appendix : Amyand. نادر

These can be:

- Omentum = omentocele (synonym: epiplocele);
- Intestine = enterocele
- A portion of the circumference of the intestine = Richter's hernia

- if you can feel something soft & gurgling ⇒ most likely interocele

لـ جوة القرقعة

resonant

dull

if you feel something like dough / firm without elasticity ⇒ omentum.

III) Diagnosis of the contents :

a- **Omentum** *(Omentocele)*	*b-* **Bowel** *(enterocele)*
1. Doughy or firm & slippery	1. Soft.
2. No gurgling on reduction	2. Gurgling on reduction .
3. Percussion → dull	3. Percussion → resonant
4. Easy reduction at first but difficult at the end.	4. Difficult reduction at first but easy at the end.

- A portion of the bladder (cystocele.)
- An ovary with or without the corresponding fallopian tube (Sliding hernia)
- A Meckel's diverticulum = a Littre's hernia (congenital anomaly)
- Fluid, as part of ascites (with patients with renal failure.)

- appendix : Amy and hernia.

Descriptive Classification

According to physical or operative findings:

1. Reducible
2. Irreducible
3. Obstructed
4. Strangulated
5. Inflamed
6. Sliding
7. Richter's hernia

Reducible Hernias

- Imparts an **expansile impulse** on coughing.
- Either reduces itself when the patient lies down or can be reduced by the patient or the surgeon.
- The intestine usually **gurgles** on reduction and the first portion is more difficult to reduce than the last
- Omentum is described as doughy, and the last portion is more difficult to reduce than the first.

Irreducible Hernia

once it's irreducible, it will remain irreducible unless there is surgical correction.

- The **contents cannot be returned** to the abdomen but there is no evidence of other complications
- Usually due to adhesions or overcrowding
- The other used term is **Incarcerated hernia**

مسدود أو محتجز

- Irreducibility without other symptoms is almost diagnostic of an omentocele, especially in femoral and umbilical hernias.
- **Any degree** of irreducibility predisposes to **strangulation**.

Obstructed Hernia

- It is an **irreducible hernia** containing **intestine** that is **obstructed** from without or within, but there is **no interference to the blood supply** to the bowel.

* lumen of intestine → obstructed
* lumen of the blood supply → Not obstructed.

+Vomiting
+ Constipation.

- The symptoms (colicky abdominal pain and tenderness over the hernia site) are less severe and the onset more gradual than in strangulated hernias
- No clear clinical distinction
- The safe course is to assume that strangulation is imminent and treat accordingly

وبشلاء

Strangulated Hernia

- The **blood supply** of the **contents** is **seriously impaired**, rendering the contents **ischemic**.
- **Gangrene** may occur as early as 5–6 hours after the onset of the first symptoms.
- A femoral hernia is more likely to strangulate because of the narrowness of the neck and its rigid surrounds

life threatening

* lumen of intestine → obstructed
* lumen of the blood supply → obstructed

Pathology

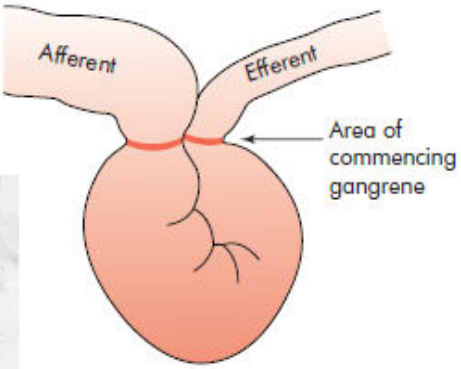
any pathology of mechanical intestinal obstruction.

- The intestine is obstructed and its blood supply impaired.
- The venous return is impeded.
- The wall of the intestine becomes congested and bright red with the transudation of **serous fluid** into the sac.

- As congestion increases the wall of the intestine becomes **purple** in color.
- As venous stasis increases, the arterial supply becomes more and more impaired.
- Blood is **extravasated** under the serosa and is effused into the lumen.

- The fluid in the sac becomes **blood-stained** and the shining serosa dull because of a fibrinous, sticky exudate.
- The walls of the intestine lose tone and become friable.
- Bacterial transudation occurs secondary to the lowered intestinal viability and the sac fluid becomes infected.

- **Gangrene appears at the rings of constriction which become deeply indented and grey in color.**



- The **gangrene** then develops in the anti-mesenteric border, the color varying from black to **green** depending on the decomposition of blood in the subserosa.
- If the strangulation is unrelieved, **perforation** of the wall of the intestine occurs.
- **Peritonitis** spreads from the sac to the peritoneal cavity.

Clinical features

- **Sudden pain over the hernia**
- **Then generalized colicky abdominal pain**
- **Nausea and vomiting**
- **On examination the hernia is tense, extremely tender and irreducible, and there is no expansile cough impulse.**

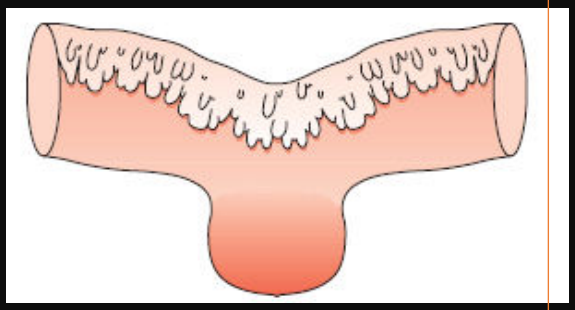
MCQ سؤال جاي

One of the signs not expected to be found ?
cough impulse.

pressure inside the sac > pressure inside the abdomen during cough.
الجيبة هنا أكبر من الجيبة
blood supply.

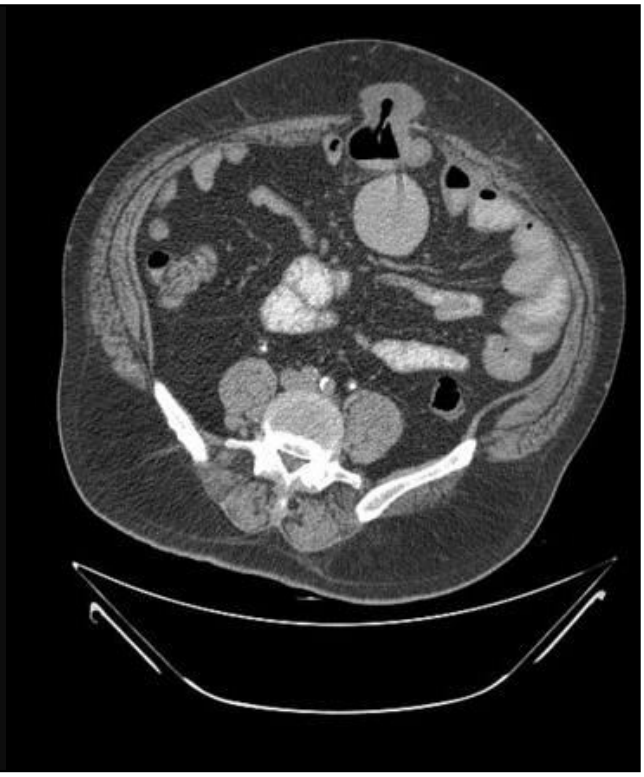
Richter's hernia

diagnostic findings during surgery or CT scan

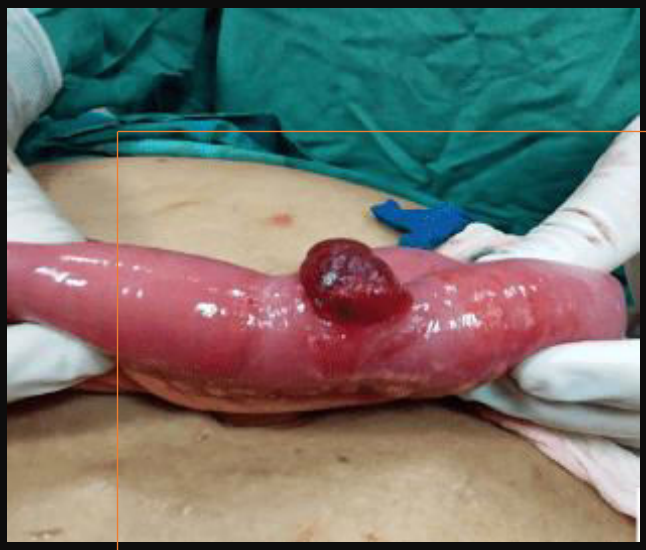


- **Is a hernia in which the sac contains only a portion of the circumference of the intestine (usually small intestine)**
- **It usually complicates femoral and, rarely, obturator hernias.**

- **The local signs of strangulation are often not obvious, the patient may not vomit and, although colicky pain is present, the bowels are often opened normally or there may be diarrhea;**



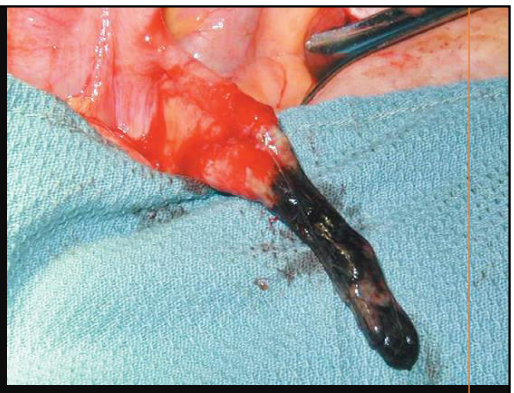
- **Absolute constipation is delayed until paralytic ileus supervenes.**
- **For these reasons, gangrene of the knuckle of bowel and perforation have often occurred before operation is undertaken.**

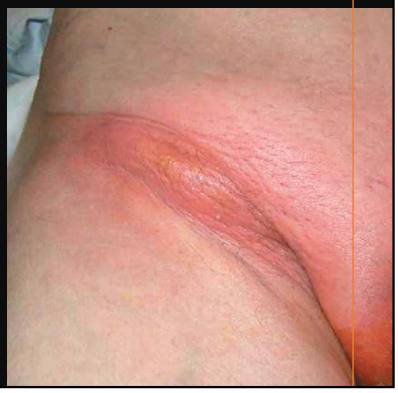


Inflamed Hernia

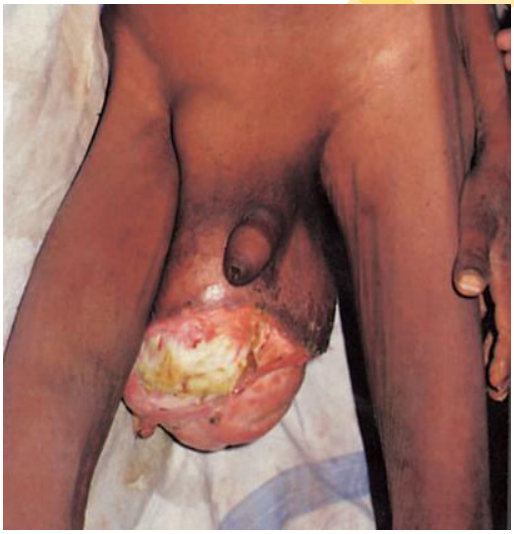
- From inflammation of **the contents** of the sac, e.g., acute appendicitis or salpingitis,
- **De Garengeot's** Hernia is an indirect inguinal hernia containing inflamed appendix

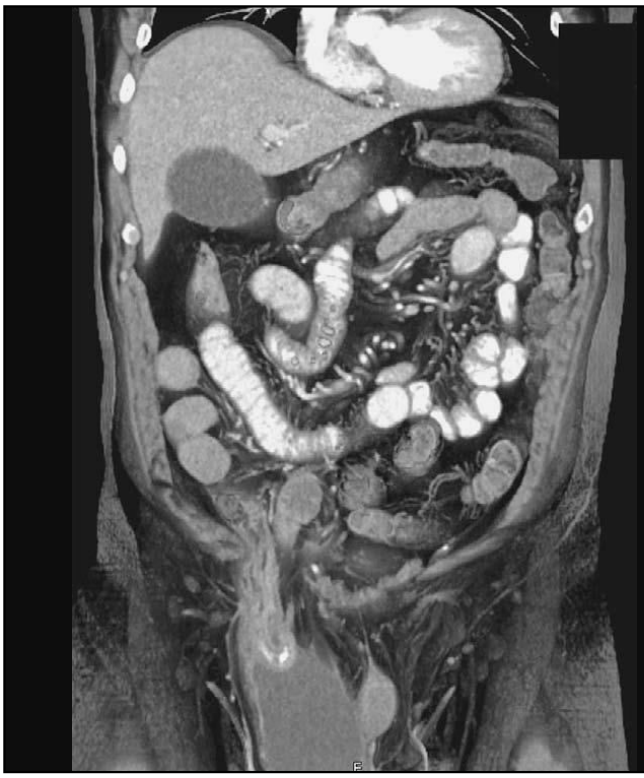
بتعالج إلتهاب مثلاً appendectomy





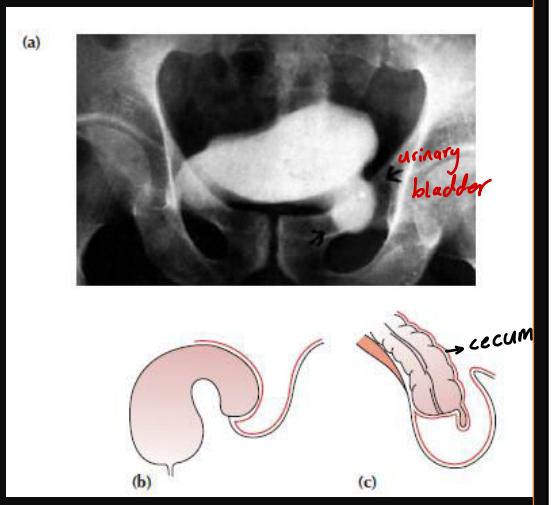
- Or from **external causes**, e.g., the trophic ulcers that develop in the dependent areas of large umbilical or incisional hernias.
- Tender but not tense and the overlying skin red and edematous.





- **Amyand's** Hernia is an indirect inguinal hernia containing appendix

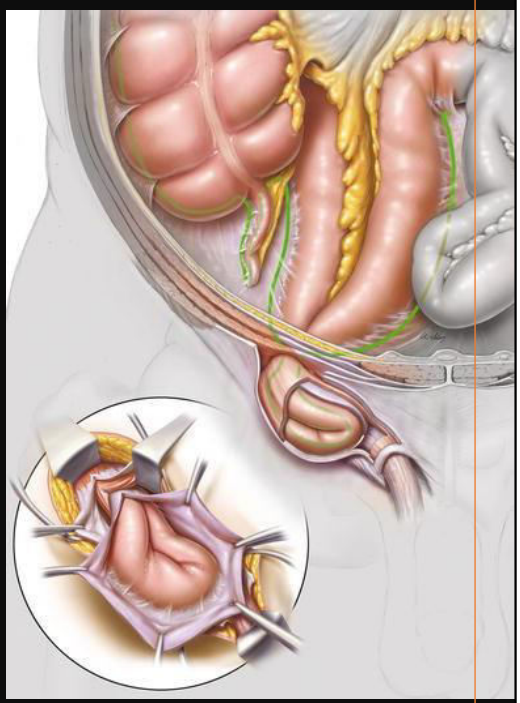
Sliding Hernia (synonym: hernia-en-glissade)



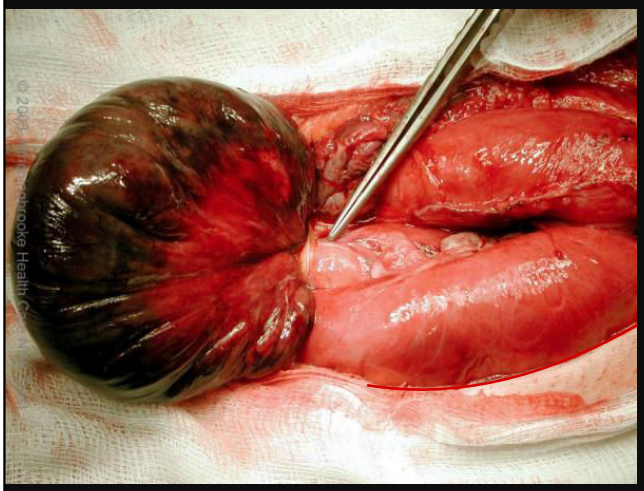
injury during repair ⇐ الجراحة

Sliding Hernia

- The wall of the hernia sac, rather than being formed completely by peritoneum, is in part formed by a retroperitoneal structure, such as the colon or the bladder.



Why you advice patients for surgery

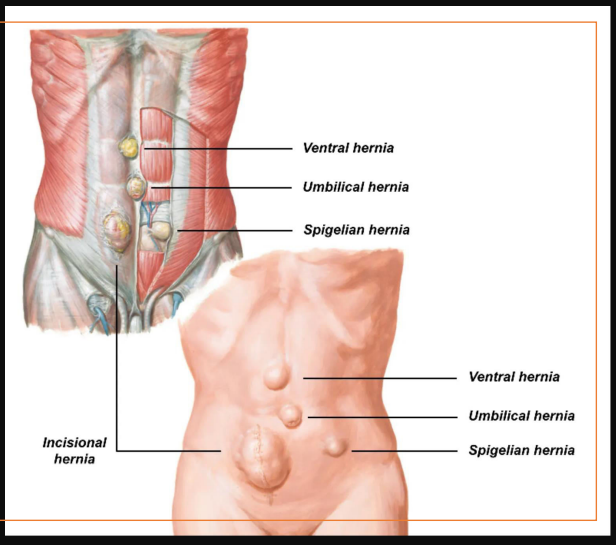


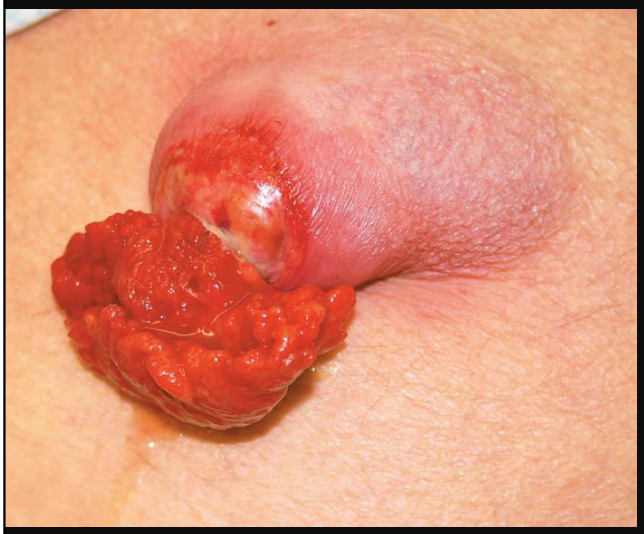
Complications

- Hernias **should be repaired** electively to prevent the development of major complications.
  1. Intestinal **obstruction**.
  2. Intestinal **strangulation** with bowel **perforation**

→ obstruction can cause death due to electrolyte imbalance or sepsis or due to rupture peritonitis.
↳ sepsis & multi organ failure.

Specific types of abdominal wall hernias





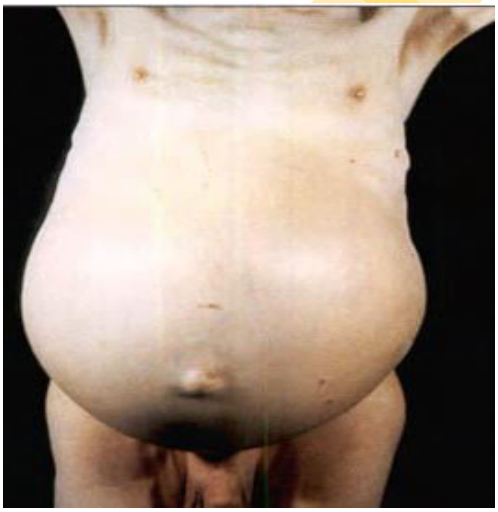
Umbilical Hernias

through umbilical cicatrix

- Occur through the defect where the umbilical structures passed through the abdominal wall
- Occur 10 times more often in women than in men

♀ > ♂ ×10

- **In adults, umbilical hernias are often associated with increased intra-abdominal pressure, as with ascites or pregnancy**

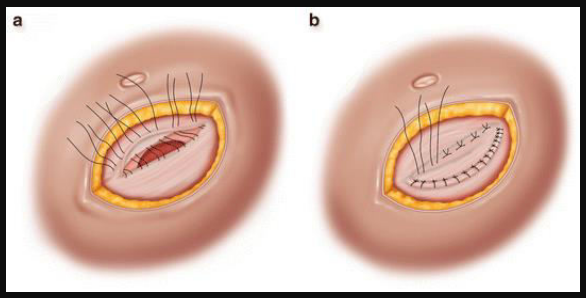


. HCC
. Liver ascites ⇐

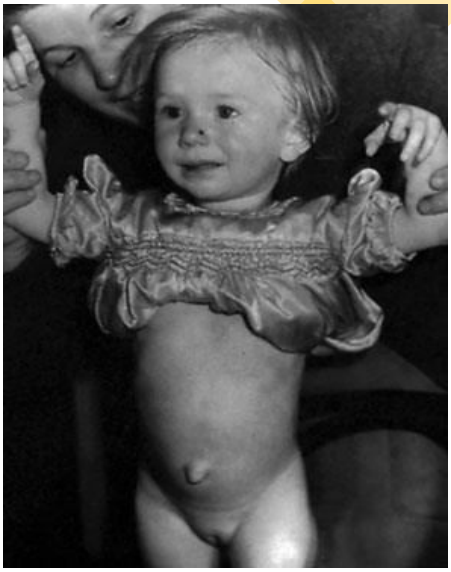
لو فتحت الـ hernia جوه الـ ascites ما بخليها تلتئم

delayed الأولوية لعلاج الـ ascites .

- Repair of an umbilical hernia consists of a simple transverse repair of the fascial defect

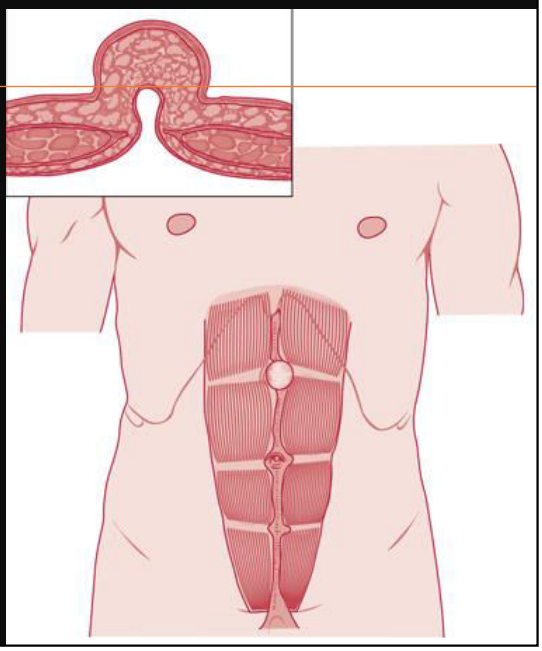


- The defect is common in children but usually closes by age 2 years, and fewer than 5% of umbilical hernias persist into later childhood and adult life



Epigastric Hernias

- Result from a defect in the linea alba above the umbilicus
- They occur more commonly in men (in a 3:1 ratio)



- 20% of epigastric hernias are multiple at the time of repair
- Repair (simple suturing) is associated with a recurrence rate as high as 10%

Ventral Hernias

- Occur in the abdominal wall in areas other than the inguinal region

Incisional Hernia

- The most common type of ventral hernia
- Results from poor wound healing in a previous surgical incision and occurs in 5%-10% of abdominal incisions

Risk factors

1. Wound infection or hematoma
2. Midline incision
3. Advanced age
4. Obesity
5. General debilitation or malnutrition
6. Surgical technique
7. A postoperative increase in abdominal pressure, as occurs with paralytic ileus, ascites, or pulmonary complications after surgery

most common risk factor for incisional hernia development is
↳ deep wound infection

- Incisional hernias are repaired after the patient has recovered from the prior surgery trauma

- Repair requires:

1. Definition of the adequate fascial edges surrounding the defect,
2. Closure with nonabsorbable sutures, and use of prosthetic mesh when the defect is too large to be closed primarily

>3cm
بده شبكة
ولازم تكون ٣ أضعاف الـ defect

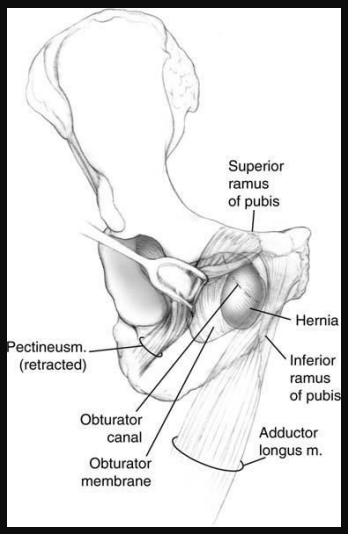
Spigelian Hernias

- Protrude through the abdominal wall along the semilunar line at the semicircular line of Douglas.

at the lateral part of abdomine below the umbilicus

Obturator Hernias

Occur in the pelvis through the obturator foramen



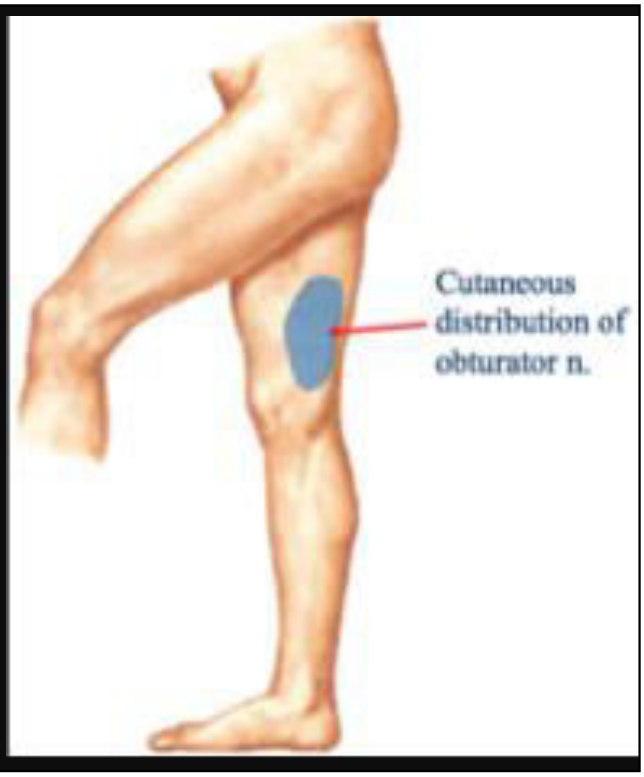
- You can't see it usually
- the patient usually present with intestinal obstruction

& it's usually an old friable fragile lesion

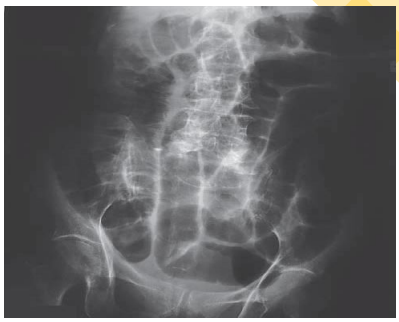
⇒ Hernia of the old lady

Needs high index of suspession.

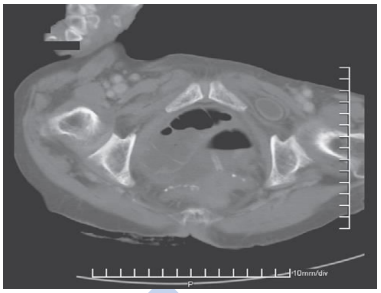
- **The hernia can cause pain along the obturator nerve (mid-anterior thigh), referred to as Howship-Romberg sign.**



Usually in elderly debilitated females

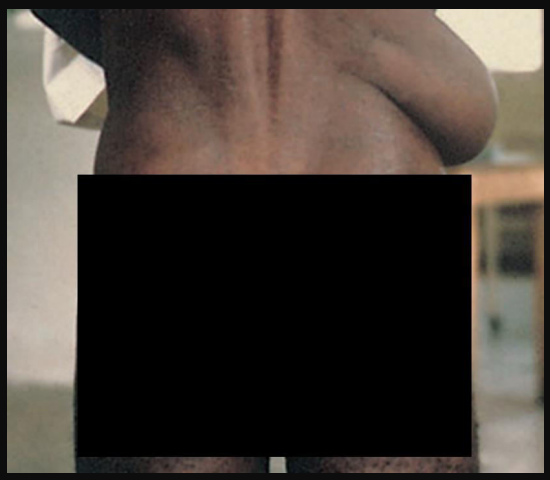


It presents as an intestinal obstruction for evaluation



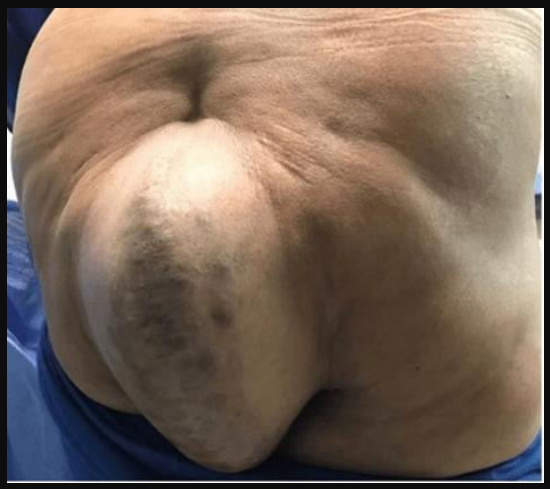
Lumbar Hernias

Occur on the flank and are seen in the superior (Grynfeltt's) and inferior (Petit's) triangles



Perineal Hernias

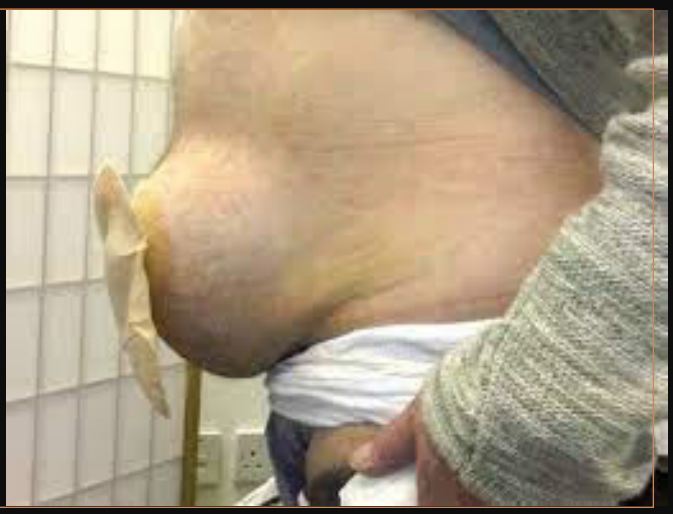
Occur in the pelvic floor usually after surgical procedures such as an abdominoperineal resection



Peristomal Hernias

Develop adjacent to an intestinal ostomy

Hernia of a hernia.



Clinical picture

- Swelling
  - site → anatomical site hernia
  - ↑by ↑ intra-abdominal pressure → standing, cough, straining
  - ↓ by ↓ intra-abdominal pressure → lying flat.

- Expansile impulse cough.

Hernia ⇒ obaque, except → during infancy, hernia ⇒ translucent.

? hernia عشان نعرف

- Site
- Direction of descend
- content.

Investigations:

1- Ultrasound may be needed in small hernia with uncertain diagnosis .

2- Investigations to detect the cause eg.

➢ Chest x-ray for any respiratory problems .

➢ Abdominal and pelvic ultrasound for BPH , hepato-splenomegaly , ascitis , abdominal swelling .....etc

3- Routine pre-operative investigations : ECG , HB % , full blood picture , blood sugar , urine analysis , liver functions , blood urea .

Treatment:

A. Curative:

➢ Treat and eliminate any predisposing factor followed by surgery.

➢ In uncomplicated hernia , elective surgery is advised as rapid as possible to avoid progressive enlargement of the hernia which widens the defect and weakens the musculo-aponeurotic layer around the defect .

➢ Surgical treatment is done in the form of one or more of the following:

1) Herniotomy: (herniectomy)

➢Excision of the sac at the proper neck without any form of repair. ➢It should done for all cases , either alone (if the defect is small in infants) or as a part of herniorrhaphy or hernioplasty (if the defect is wide in adults).

2) Herniorrhaphy:

➢This include herniotomy and repair of the defect by approximation of local tissues .

➢It is performed only if the defect is wide .

Hernioplasty:

➢ This include herniotomy and repair & strengthening the defect by a graft using imported distal tissues or synthetic material.

➢Laparoscopic (rarely open surgery), no tension repair polypropylene mesh hernioplasty is the most popular operation nowadays ,for all cases of hernia as it has the lowest incidence of recurrence .

B. Palliative treatment: By a truss. حزام It should be avoided because it predisposes to adhesions inside & outside the sac , complications & fibrosis of the anatomical structures → subsequent repair is difficult.

? Indication: Reducible hernia & surgery cannot be done.

	Irreducibility	Inflammation	Obstruction	Strangulation
Irreducibility	Present	Present	Present	Present
Pain	Absent	Present	Present	Severe
I.O	Absent	Absent	Present	Present
Sac	Soft	Soft	Soft	Tense
Impulse of cough	Present	Present	Present	Absent
Red , warm skin	Absent	Present	Absent	Severe
Toxemia	Absent	Present	Absent	Severe